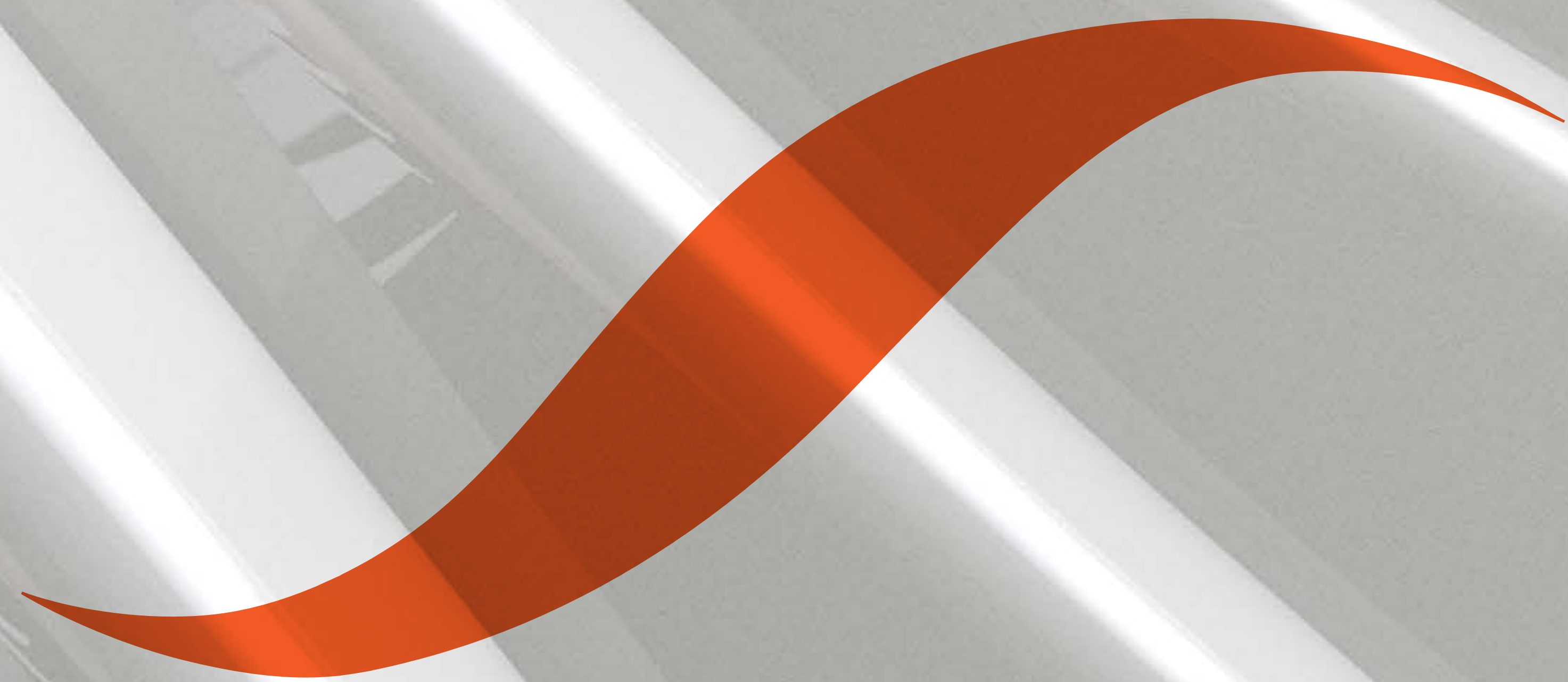


# O R I G Y M

P E R S O N A L   T R A I N I N G   P R O S P E C T U S



2 0 1 6

C O N N E C T   W I T H   U S



# W E L C O M E

I SINCERELY HOPE YOU FIND THIS PROSPECTUS USEFUL AND YOU ENJOY READING MORE ABOUT OUR NATIONAL ORGANISATION.

**In** a very short period of time Origym has grown exponentially within the health and fitness sector, firstly through the ownership of our own private studios and as of the last few years through the medium of vocational delivery of various fitness courses. As the health and fitness sector has evolved so rapidly, we have moved with the times and are considered to be at the forefront of the fitness sector with over 1000 enrolments on our personal training course last year alone.

Staff development has been key to our success thus far, we develop the majority of our personal training tutors in house to maintain the high quality of delivery that our past students have been accustomed to. We are so meticulous on covering every angle, that we are actually the only company operating in the UK that DBS check all our tutors and utilise active personal trainers to deliver our 1-2-1 courses so they are able to continually adapt with the ever changing fitness trends.

## W E O F F E R

Personal training courses to suit every learning preference and availability, ranging from E-learning, personal tutored and our new fast track courses. We are really excited about having the opportunity to offer our new Fast Track courses as they will allow you to get qualified in as little 4 weeks, where virtually all the learning and practical implementation is performed in a group based environment out of one of 10 venues in the UK.

## S T R I V I N G F O R P E R F E C T I O N

We are always striving for perfection, we have a research team of both fitness and vocational experts that map all of our courses against national occupational standards and that are innovative and unique. Whilst some providers like to conform, we like to stand out, not be constricted and be creative with both the learning styles and the resources that our students receive. The personal tutored option for example is the first course that has been administered where tutors can travel to your home environment at times you elect and the E-learning and online resources have all been written and built by ourselves.

## S U P P O R T

If your looking for a career in personal training an important element to remember is what support you will receive from us. We deploy a four step process post course completion that has been very well received by our past students and can certainly help you to making that transition into the fitness sector as simple as possible. We believe in creating a fitness community so we do not limit our support and assistance to just after you qualify, you can get back in touch with us many years from now whether it's a new course or to see what career vacancies might be available to you, we are always happy to help!

## T H E F I T N E S S S E C T O R

Truly is one of the most exciting, fun and dynamic industries to be apart of and has continued to grow over the past three decades. With continued awareness of fitness and health always on the rise it has never been a better time to get your personal training qualifications, break the mundane 9-5 job and follow your passion.

This prospectus will give you a feel for the courses we offer, but if you want a more comprehensive overview do get in touch with one of our fitness professionals who can answer any questions about the courses or what you can do after you have qualified.

## C O N N E C T W I T H U S



WE LOOK FORWARD TO SPEAKING SOON.

LUKE HUGHES  
&  
STEPH ROBERTS





# W H Y C H O O S E O R I G Y M ?

## OUR MISSION

Origym's mission is to establish quality training and respectability within the health and fitness sector for a price that is genuinely affordable.

### WHY TRAIN WITH ORIGYM?

Origym is establishing and revolutionising new concepts in fitness vocational courses to enhance the calibre of personal trainers being produced within the UK. To this end we have developed a envious network of highly experienced tutors and affiliate companies to run our training via nationwide, where we deliver a large range of vocational and continuous professional development courses, it is for this reason Origym is now establishing itself as one of the UK's largest and most trustworthy providers.

### WHAT WE OFFER

We offer unique, bespoke learning methods, that we believe produce the highest quality of trainer and prepare you for the reality of working within the fitness sector. Our innovative approach sets us apart from other providers and has been the fundamental reason to why more and more students are selecting Origym as their reliable provider for progressive courses. We appreciate that everyone has differing levels of experience, time availability and commitments external to your qualifications. With this in mind we offer Fast Track, personal tutored and online learning so you can pick the course that best suits your personal circumstances and general lifestyle.

### QUALITY

Quality is an essence to which our reputation has been customary, hence significant investment in producing a diverse array of learning resources for our students to utilise in the format of fully customised interactive E-learning, hard back copy books and new video lectures to give you multiple dimensions to your studying.

### INVESTING & DEVELOPING

Investing and developing in both our staff and students is a philosophy we are proud of and one we will always continue to express. This is iterated via our policy of "you will always be communicating with fitness professional" at any stage of your fitness journey as you will know they once have been in your shoes and can give appropriate industry advice.

We are renowned as a people facing company stemmed from humbled beginnings and have built largely from referrals from our past graduates. Our Directors are very hands on and speak to every student upon enrolment to ensure you have everything you need before commencing your chosen course.

### GRADUATE'S FUTURES

At Origym we comprehend the importance of our graduate's futures, which is an aspect that we take very seriously, not just during your course, but the after care process also. With this in mind Origym has established connections with many large national chains to give our graduates priority when applying for positions. Students present and past can book in to speak with our completely impartial careers advisor to explore the opportunities and avenues available to you within the fitness sector.

### OUR GUARANTEES TO YOU

- ✓ REPS Accredited
- ✓ Internationally recognised
- ✓ Nationwide Locations
- ✓ 0% interest payment plans
- ✓ No guarantor
- ✓ No credit check
- ✓ Unlimited Free Re-sits
- ✓ Guaranteed Interview



**All** our gym instructing and personal training qualifications are nationally and internationally recognised and fully accredited by the Register of Exercise Professionals (REPs) and Skills Active. Origym has partnered with Active IQ, which is the largest governing body in the UK, offering the most recognised qualifications within this field to give you the best possible chance of success gaining employment post course completion.

**There** are an abundance of study methods for you to choose from ranging from fast track, flexible and online personal trainer courses. There is a study method for all and with the aid and support of our tutors and recruitment team we will support you from the moment you enrol, through your course and beyond.



## W H Y O R I G Y M C E N T R E O F E X C E L L E N C E K N O W S I T I S R A I S I N G Q U A L I T Y :

### F I T N E S S P R O F E S S I O N A L

Only company in the UK where EVERY member of staff you can speak to is a qualified fitness professional, from the Directors to the enrolment team, accounts department and of course our tutors. When discussing your future you need to be communicating with someone who really knows this industry and the journey you are about to embark upon.

### H E A D H U N T E D T U T O R S

We are the only company in the UK to head hunt all our tutors to work for us. We only want the best for your future career success and to for that to happen we need to have the best tutors operating under our umbrella. Tutors play the biggest role in your course experience and can largely influence the outcome of your results, therefore we seek the best tutors on the market to deliver our fast track and flexible learning courses.

### O U R C R I T E R I A

**To** guarantee our students have access to the best possible Tutors in the UK, Origym has head hunted every mentor who affiliates with us, where a very stringent set of criteria has to be met including:

ACTIVE PERSONAL TRAINER\*

MINIMUM 5 YEARS PERSONAL TRAINING EXPERIENCE

HOLD REPS RECOGNISED LEVEL 3 PERSONAL TRAINING QUALIFICATION

ORIGYM HEAD HUNTS ALL OUR TUTORS TO FIND THE HIGHEST CALIBRE OF MENTOR IN THE UK

\*To keep up with industry adaptations and new fitness concepts

### S T U D E N T C O N F I D E N C E

Always communicate with a fitness professional by putting our staff through their qualifications and only employing individuals that have completed a REPs recognised course. This gives our students the confidence in the advice that they will receive at any stage of their course.

### S U P P O R T I N G Y O U R C A R E E R

Only company to support your Personal trainer career for life! Not just to do we guarantee you an interview post course completion, but we will help you in years to come. If you are seeking a new challenge, want someone to analyse your CV or just want to know what opportunities are out there, feel free to get back in touch and our career support team will be happy to help!

### S T U D E N T Z O N E

Origym Centre of Excellence places a massive emphasis on service. When enrolling, all students are issued login details for our custom made community platform called STUDENT ZONE. This enables learners to interact with each other, post or receive useful learning tips, access webinars, online learning videos, E-learning, Ebooks, collaborate with your tutor and more!!!





FAST TRACK  
PERSONAL TRAINING COURSE

KICK-START YOUR FITNESS CAREER

With Origym's prestigious Fast Track Personal trainer course. You will gain your fitness qualifications and become a personal trainer in just 4 weeks!

98%

FULL TIME PERSONAL TRAINER COURSE PASS RATE

10 YEARS EXPERIENCE

**Your** experience is crucial to us, hence why we utilise only the highest calibre tutors to conduct our fast track courses, all with over 10 years experience and a proven track record of graduating students first time.. We are proud of our 98% first time pass rate on our full time courses; we feel this speak volumes to the support, assistance and quality of the tutoring you will receive.

**Fast** Track Personal Trainer Courses are run from ten Centre of Excellences spread out over all over the UK, Start times are always 9am – 5:30pm and commence every two months per location and run on Monday to Thursday basis with elements of homework to be completed ready for the next days work.

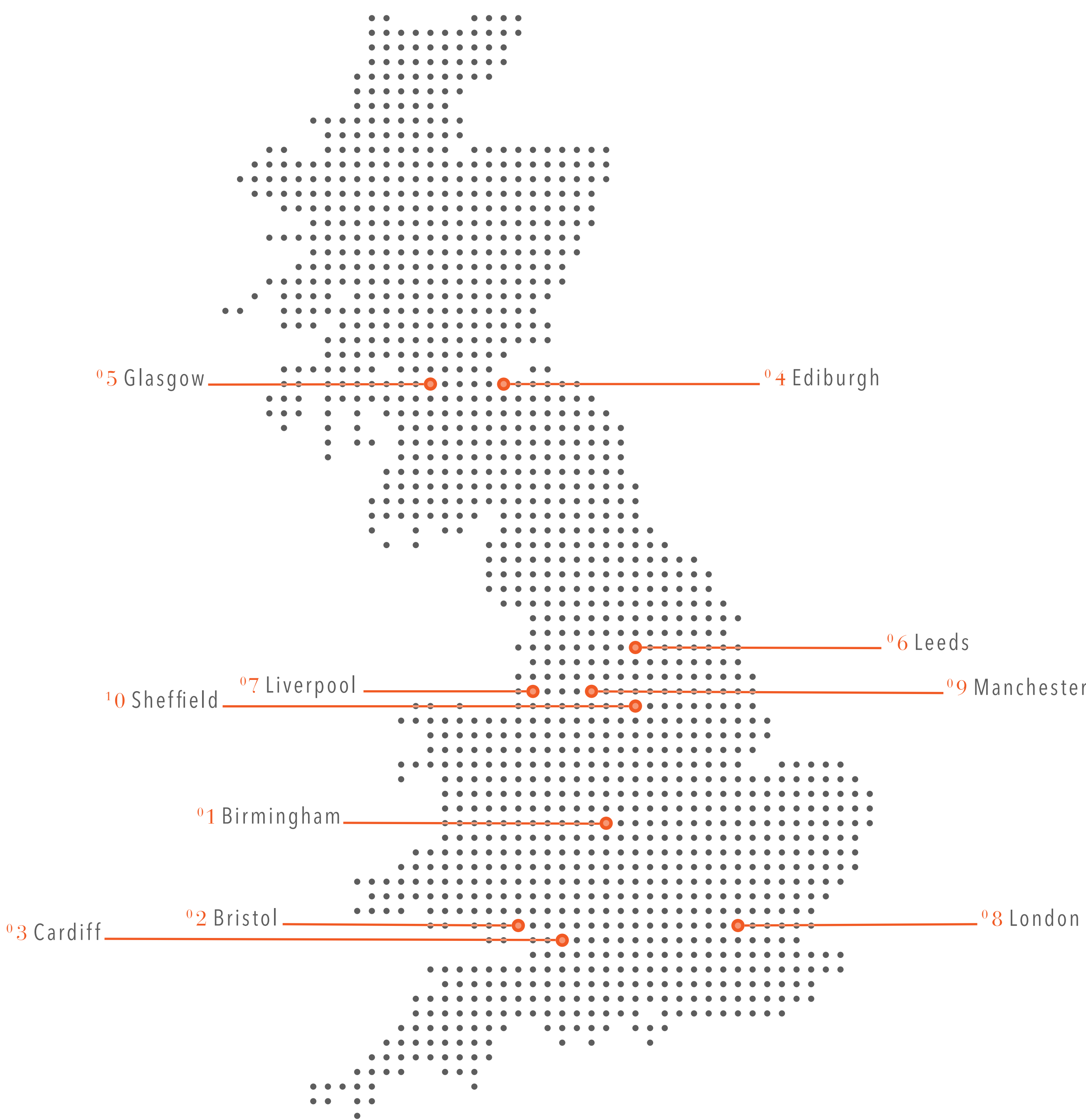
**The** venues the course will operate from are all situated centrally so that you will have easy accessibility and posses the latest, most advanced equipment to give you the most scope for your practical learning. When attending the venue you will have hard back copy books waiting for you, with a complimentary Origym personal Trainer T-shirt. That is how confident we are that you will pass your course first time!

**Through** this learning style you will learn your Personal training course modules in both a class room based environment and on the gym floor, engaging with other students to practice and implement the practical aspects.

FAST TRACK LOCATIONS

Here are the locations we cover for Fast Track learning:

- <sup>01</sup> Personal trainer courses Birmingham
- <sup>02</sup> Personal trainer courses Bristol,
- <sup>03</sup> Personal trainer courses Cardiff
- <sup>04</sup> Personal trainer courses Edinburgh
- <sup>05</sup> Personal trainer courses Glasgow
- <sup>06</sup> Personal trainer courses Leeds
- <sup>07</sup> Personal trainer courses Liverpool
- <sup>08</sup> Personal trainer courses London
- <sup>09</sup> Personal trainer courses Manchester
- <sup>10</sup> Personal trainer courses Sheffield



W H Y M O R E S T U D E N T S C H O O S E  
F A S T T R A C K C O U R S E S

K I C K - S T A R T Y O U R F I T N E S S C A R E E R

- All assessments conducted on site
- FREE Origym Personal Trainer T-shirt
- Be taught by a leading UK fitness tutor
- Get taught Every component of the course
- Gain your Personal Trainer qualifications in just 4 weeks
- Learn with other students in a class room and gym based environment.



T H E S E C O U R S E S

	Level 2 Gym Instructor	Level 3 Personal Training	Level 2 Gym instructot & Level 3 Personal trainer	Personal Training Diploma	Personal Training Advanced Diploma
Cost	£988	£1388	£1988	£2488	£2988
Deposit	£288	£288	£288	£488	£488
Monthly Payments	£100	£100	£170	£200	£250
Duration (months)	7	11	10	10	10
Level 2 Gym Instructor	●	○	●	●	●
Level 3 Personal Trainer	○	●	●	●	●
5 CPD COURSES	○	○	○	●	●
GP Referral	○	○	○	○	●
Level 4 Speciality Course	○	○	○	○	●
Guaranteed Interview	●	●	●	●	●





PERSONAL TUTORED  
GYM INSTRUCTING AND PERSONAL TRAINING COURSE

YOUR REWARDING CAREER

**Start** your rewarding career in personal Training with Origym’s personal tutored course and Personal Training Diploma. You will learn how to plan and execute the latest in training techniques, gain invaluable nutritional insight and all the skills and tools to become a personal trainer of the highest esteem.

**To** help you get there Origym has created a completely flexible, unique structure of personal trainer course delivery, where you will do a combination of studying at home and have face to face meetings, all one to one, with a highly experienced tutor, in a the comfort of your own home or a location near you.

**We** know everyone is different and has fluctuating commitment levels, academic backgrounds and previous knowledge that can influence the rate you gain your certificates. This course will give you ultimate flexibility you need whilst giving you the direct support as and when you want it.

**We** have custom built our tutor booking system, which is really user friendly for you to book the days you are free with the tutor of your preference.

**There** is no deadline pressure to sit examinations, just as and when you feel ready to tackle the assessments, get in touch with your tutor who will book you in at your nearest National Assessment centre.

**One** of the privileges of this style of learning is that you can commence studying the same day you enrol and have instant access to our bespoke online personal training course platform, consisting of videos, weekly webinars, practice papers and state of the art E-learning. You will be linked up with your assigned tutor who will arrange you first appointment and get you up and running towards the PT career you always wanted!

BENEFITS

Here are just a few of the benefits you will find studying through the personal tutored route:

Qualify in two months (average)
Start learning the same day you enrol
Up to two years to complete the PT course
There are no areas in the UK our tutors can’t access
Eliminates course attendance without any deadline pressure
Appointments all around your diary from the comfort of your own home
Online E-learning Resources, Webinars, Videos, Books and Mock papers

PERSONAL TUTORED COURSE COSTS

	Level 2 Gym Instructor	Level 3 Personal Training	Level 2 Gym instrucot & Level 3 Personal trainer	Personal Training Diploma	Personal Training Advanced Diploma
Cost	£688	£988	£1388	£1688	£2288
Deposit	£188	£188	£188	£188	£288
Monthly Payments	£100	£100	£100	£150	£200
Duration (months)	5	8	12	10	10
Level 2 Gym Instructor	●	○	●	●	●
Level 3 Personal Trainer	○	●	●	●	●
5 CPD COURSES	○	○	○	●	●
GP Referral	○	○	○	○	●
Level 4 Speciality Course	○	○	○	○	●
Guaranteed Interview	●	●	●	●	●





ONLINE PERSONAL TRAINING COURSE

**At** Origym we appreciate and understand everyone has deviating commitment levels and lifestyles that might prevent you from attending fast track or personal tutored PT courses.

**The** online personal training courses are designed so that you can mange and conduct your own study timetable all around your current commitments and schedule such as work or family life. You can learn as quick or as relaxed as you like, with no deadline pressures or compulsory dates to attend a venue.

**You** can study your online personal trainer course in the comfort of your own home, on your commute to work, a café or library for example, all at a pace dictated by you. This course is specially designed so that you do not need to attend a venue on a regular basis, literally just come and see us when you ready are for your final assessments.

**You** will have instant access to our bespoke, custom built E-learning platform, which is both interactive and very user friendly. All you need is internet access and you will have immediate availability to your online materials.

**To** make us stand out from the rest we give you the perfect learning experience, we host webinars on each unit of study, where you can interact with our highly qualified tutors and see what other students are asking and take part in Q and As. In addition you, will have unlimited access to our video lectures that you can replay as many times as you like.

**We** have simultaneously created an interactive E-learning manual, where you can revise the modules from and it will test you at the end of each section through interactive questions, so you can see what you have retained and highlight areas you may need to re-visit. To give you an extra dimension to your studies we also post out your personal training course manual in paperback format, so you can

**Learn** wherever you are. This is especially useful if you like to make notes or if your internet access is temporarily unavailable.

**Help** is never far away at Origym! You will have your very own E-learning tutor and account manager who will support you in anyway they can. You can contact them at any time, if you want a mock paper, book an assessment or just a general query, just send them a message or give them a call, that's what there here for.

**It** is not essential to visit one of our centres for any practical training, especially if you feel very confident in your own practical knowledge and capabilities. All the resources provided will allow you to implement the practical plans in your own gym or health club.

**The** course comes with free National Practical Training days, which are run from select venues all across the UK, these are entirely optional for you to attend. These training days are where you will learn some of the practical elements of the course, ascertain feedback on what you have already completed and gives you the opportunity interact with other students. They are run monthly and on weekends in small groups so you can fully maximise the experience and time of our tutors. These are totally free and you can attend as many times as you like.

ONLINE PERSONAL TRAINING COURSE PRICES

	Level 2 Gym Instructor	Level 3 Personal Training	Level 2 Gym instrucot & Level 3 Personal trainer	Personal Training Diploma	Personal Training Advanced Diploma
Cost	£388	£688	£888	£1188	£1688
Deposit	£188	£188	£188	£188	£188
Monthly Payments	£100	£100	£100	£100	£150
Duration (months)	2	5	7	10	10
Level 2 Gym Instructor	●	○	●	●	●
Level 3 Personal Trainer	○	●	●	●	●
5 CPD COURSES	○	○	○	●	●
GP Referral	○	○	○	○	●
Level 4 Speciality Course	○	○	○	○	●
Guaranteed Interview	●	●	●	●	●





## C P D F I T N E S S C O U R S E S

## WHAT ARE FITNESS CPD COURSES?

CPD stands for continuous professional development and are integral part of enhancing your skill set and knowledge of particular training methods.

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## HIGHEST STANDARD

Origym will provide you with highest standard of fitness CPD courses to keep you at the forefront of the industry as it ever adapts and improves. Like our personal trainer courses, our CPD fitness courses are REPs recognised and internationally recognised so you know they are of the highest calibre.

## CUTTING EDGE

Origym writes all CPD fitness courses from scratch taking elements of our own input and extensive experience of the fitness industry in coherence with experts in each fitness CPD speciality areas to make them as advanced and cutting edge as possible.

## WHO NEEDS CONTINUING PROFESSIONAL DEVELOPMENT (CPD)?

**CPD** fitness courses are almost essential to a level 2 gym instructor or level 3 personal trainer's development and arsenal. These are specialist courses designed to expand your repertoire and variety that you can offer clients when conducting personal training sessions. By expanding your CPD fitness range you naturally increase your level of employability and appeal to individual clients.

**For** example if you know a lot of gym members love using kettle bells, you might want to get yourself a kettle bell fitness CPD course so you can try and recruit them as a client. Think, if you were the client and you loved Kettle bells who do you think they are more likely to train with? You, who has the fitness CPD course specialising in Kettle bells or another PT who doesn't?

**Even** the most experienced and established personal trainers are ever expanding their knowledge and understanding through CPD fitness courses to ensure they are up to date with the ever changing new styles and equipment utilised by the fitness industry.

**For** example - suspension training was introduced properly to the masses in 2005 and as a consequence a fitness CPD specialising in suspension training has become available to all Personal trainers so that they can offer their expertise with an internationally recognised fitness CPD qualification within this jurisdiction.

**Origym** offers a full range of CPD fitness courses for you to specialise in. You can pick the discipline that you find enjoyable or appealing to your client base

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K E T T L E   B E L L S   C P D

During this course you will learn a huge variety of dynamic kettle bell movements that can be applied to both endurance, cardiovascular and strength training. This course is run as a one day intensive workshop and is suitable for gym instructors and personal trainer sto expand their existing repertoire of movements that are safe, fun and exciting.

H O W   Y O U   W I L L   B E   A S S E S S E D

At the end of the Worksop you will be practically assessed. Course content:

HISTORY
BENEFITS OF KB
PROGRAM DESIGN
MAIN KB MOVEMENTS
KB LABELLING (ABOUT)
PLANES OF MOTION - BODY MOVEMENTS

E N T R Y   R E Q U I R E M E N T S

You must have a minimum of a REPs accredited level 2 gym instructor’s qualification to enrol onto this course..

L O C A T I O N

These will be conducted via one of National Assessment centres on specifics dates, please contact our enrolment department for the latest dates and times.

Q U A L I F I C A T I O N

Students will receive an Origym certificate in kettle bell Training stamped by awarding organisation Active IQ





S U S P E N S I O N   T R A I N I N G

This cutting edge CPD course will enable both instructors and personal trainers alike to apply the theoretical knowledge of core suspension movement training to real practical based scenarios. Written and developed by former women’s UK gymnastics coach this course offers a fantastic range of movements, whilst maintaining a great focus on the functional essence, giving fitness instructor s and personal trainers the opportunity to apply to their clients whether in a gym based environment or outdoors.

A S S E S S M E N T

Students swill be practically assessed at the end of the Workshop

E N T R Y   R E Q U I R E M E N T S

You must have a minimum of a REPs accredited level 2 gym instructor’s qualification to enrol onto this course.

L O C A T I O N

These will be conducted via one of National Assessment centres on specifics dates, please contact our enrolment department for the latest dates and times.

Q U A L I F I C A T I O N

Students will receive an Origym certificate in suspension training stamped by awarding organisation Active IQ

C O U R S E   C O N T E N T

Suspension

HISTORY
BENEFITS
SESSION PLANNING
TYPES OF SUSPENSION TRAINING
EXERCISES: DIFFERENTIATIONS
Push
Pull
Advanced
Core
Planes of motion
Cardio
Flexibility



BOXING & PADWORK

This add on module is designed for fitness instructors and personal trainers that want to add an extra fun dimension to their client’s training. The prim focus will allow students to learn basic boxing movements and combinations that can be easily translated into the gym environment.

NUTRITION

If nutrition is your passion and focal point of what you would like to further develop then our online course is definitely for you. You will discover all the essential aspects of nutrition, whilst evaluating the science and behavioural issues associated with it, including lifestyle and social pressures. This newly adapted course provides the fundamental principles of nutrition with the ever changing views on supplementation, meal cycling and planning.

Course Content

SCIENCE OF FOOD
MACRO BREAKDOWNS
PROTEINS
SUPPLEMENTS
CALCULATIONS
MEAL PLANNERS
INDUSTRY APPS AND EXPERTS

GROUP TRAINING

Personal Training is not restricted to one to one sessions and can be easily conducted via small group based training that differentiates from traditional classes. This stimulating workshop provides you with the knowledge of how to plan and organise a progressive programme for groups of up to 12 people. It will evaluate the components and variables of exercise programme design focusing on different energy systems and then how to apply them to group based training.

Example Sessions: Mixed full body conditioning

WHEN, WHERE AND WHO?
TEACHER SKILLS SET
PREPARATION <i>(CIRCUIT ARSENAL)</i>
ENERGY SYSTEMS – AIMS
EXAMPLE SESSIONS: FITNESS <i>(ENERGY SYSTEMS)</i>
RESISTANCE TRAINING - AIMS
FAT LOSS AND GENERAL CONDITIONING
EXAMPLE SESSIONS:
ENDURANCE
HYPERTROPHY
STRENGTH
POWER

CIRCUIT TRAINING

P T SALES

This bespoke online course that is exclusive to Origym crosses traditional thresholds of normal business CPD courses. Developed and conducted by our very own Marketing Director Luke Hughes where he shows his unique approach and the reality of how to sell in the modern market, how and where to promote, utilisation of Google and social media with techniques that can be utilised to price present and ultimately close sales at the end of your sales funnel.





S T R E N G T H   A N D   C O N D I T I O N I N G

This comprehensive course written by former Denver Broncos strength and conditioning coach will teach you the key techniques, safety precautions and the proper applications of training principles will be emphasised. Students will learn to examine the implementation in various sporting domains and activities as well as analysing how to accordingly write a sport specific and effective strength and conditioning plan.

C O U R S E   C O N T E N T

Strength and Conditioning

HISTORY
PERIODISATION
General Adaptation Syndrome and F.I.T.T
Anatomical adaptation ( <i>End, hyp, stren, power PYRAMID</i> )
Sports specific
Pre-comp
Comp
Transition
Skill Acquisition
Aerobic/anaerobic conditioning
NEEDS ANALYSIS
SPECIFIC SPORTS NEEDS ANALYSIS
SPORT NEEDS ANALYSIS CASE STUDIES
OLYMPIC LIFTING: WHERE DOES IT FIT
THE MAIN LIFTS
SESSION PLANNING

F E A T U R E D   T U T O R S

Michael W

Roger Davies

"I graduated with Origym as a personal training student many years ago and then was actually employed by them to work out of the head office's personal training studio which I thoroughly enjoyed. I love learning about new innovative fitness concepts and when the opportunity arose to impart some of that knowledge onto the next generation of personal trainers , I literally jumped at the chance. I genuinely enjoy helping people and watching my students successful pass their exams is extremely rewarding"

Mark Tiffany

"Having worked in the fitness industry since 2006 and opened our high end training facility, Dynamic Core Studios, in January of 2012, I have been consistently asked to run training programmes for Personal Trainers looking to achieve their professional qualifications and to mentor PTs to a higher standard. The level of service being offered in the Glasgow area has generally been very poor and we have struggled to find trainers and instructors that meet our high level requirements or who have a strong ethos of putting the client's needs at the highest level. However, where other course providers continue to re-enforce the idea of a financially driven industry and producing trainers who put earnings before quality of service, Origym are a breath of fresh air. After some detailed discussions with them it was clear that their agenda was to attract and develop Personal Trainers of a higher caliber than other providers and that the mentoring element was not just there to get as many people through the course as possible, but rather to prepare the trainers for the realities of the industry and prime them to raise the bar for the industry as When working with students I have been given the opportunity to instill the idea of keeping the client's needs at

the forefront and rather than being a slave to the curriculum, a whole. working with my students to develop stronger ideas of working with their clients to get the best possible results and deliver a high level experience for them. And as I get to work with them closely, it also gives me the opportunity to discover what makes them tic and as such, help out in directing them on the right path for them once they have their qualifications. That could, in some instances, involve a position within our facility, but even if we are not a solid match for them, we can look to work on their strengths and suggest solid routes for them going forward. And as Origym will guarantee an interview with a training facility upon completion of their course as well as giving assistance with the preparation of a CV, that along with the experience gained during the mentoring process ensures that our students are better equipped than most new trainers entering the market to ensure a solid start in the industry. Given all of this, Origym are the only company I felt comfortable working with in delivering this service and I feel that, not only do they provide the course at an extremely competitive price, the quality and value of the course is so much higher than anything else out there due to the nature of their set up."





H O W   W E   S U P P O R T   Y O U

Q U A L I T Y   &   S E R V I C E

Origym Centre of Excellence prides itself on quality and service. From the moment you enquire, through to enrolment and once you have gained your qualifications, we will aid you every step of the way.

At Otrigym we deploy a 4 step plan to help give you a boost into the fitness sector



C V   A N A N L Y S I S

I N T E R V I E W   P R E P A R A T I O N

Send us your CV over for inspection by our recruitment department and we can recommend adaptations to make you stand out from the rest.

Interviews can be intimidating scenarios but not when you have properly prepared. You can speak over Skype or phone if you prefer with one of our recruiters who will cover frequently asked questions that you may encounter when applying for your first fitness role.

3

4

C V   C I R C U L A T I O N

G U A R E N T E E D   I N T E R V I E W

Once your CV has been approved for circulation, Origym will proactively target employers in relation to your postcode and distribute your CV on your behalf to help you line up those all important interviews.

Once we have your CV looking tip top we will sand we have prepped you for what to expect form a personal training interview we will guarantee you an interview with one of our many corporate links near your location. Have a look elow at just a few of the major national chains that we are affiliated.

W H O   D O   W E   W O R K   W I T H

Employers and health club operators actually prefer our students to other providers as they know you will have undergone accredited qualifications with high standards of mentoring and deliverance to prepare you for the reality of the role. Here are just a few of our affiliates that we can help you find work with.

NUFFIELD HEALTH
FITNESS FIRST
LA FITNESS
PURE GYM
GYM GROUP
VIRGIN ACTIVE



M O D U L E S   &   A S S E S S M E N T S

C R I T E R I A

Here is a list of the modules and the relevant modules and assessments that you will need to pass to become a fully certified fitness instructor and personal trainer.

C O V E R E D   M O D U L E S

L E V E L   2

- 01 Anatomy & Physiology
- 02 Supporting Clients who take part in exercise & physical activity
- 03 Health, Safety, & Welfare in a fitness environment.
- 04 Principles of exercise fitness & health
- 05 Planning gym based exercise
- 06 Instructing gym based exercise

L E V E L   3

- 01 Advanced Anatomy & Physiology for health & exercise
- 02 Applying the principle of nutrition to a physical activity programme
- 03 Programming Personal Training with clients
- 04 Delivering Personal Training Sessions Demonstrating Leadership skills

A S S E S S M E N T S

L E V E L   2   G Y M   I N S T R U C T I N G

PRACTICAL ASSESSMENT

To demonstrate a gym based induction for an individual clients requirements

A CASE STUDY

To outline their knowledge of performing, writing and conducting a gym based induction.

A MULTIPLE CHOICE THEORY EXAM

Covering basic anatomy and physiology  
(70% pass rate required)

A MULTIPLE CHOICE EXAM

Focussed on the principles of exercise and health  
(70% pass rate required)

L E V E L   3   P E R S O N A L   T R A I N I N G

PRACTICAL ASSESSMENT

To demonstrate their ability to deliver personal training sessions

A CASE STUDY

To outline your knowledge of programming personal training sessions and nutritional advice

A MULTIPLE CHOICE THEORY EXAM

Covering advanced anatomy and physiology  
(70% pass rate required)

A MULTIPLE CHOICE EXAM

Focussed on the application of nutrition  
(70% pass rate required)





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## W H O   A R E   R E P S ?

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**REPs** (Register of Exercise Professionals) was established in 2002 to provide a system of qualification recognition, regulation and standardisation within the UK. REPs is an independent organisation and register to safeguard all individuals that utilise the services of health and fitness professionals.

Through this vigorous system, REPs maintains the national occupational standards of fitness professionals operating within the UK and requires all its members to ensure they have met such requirements.

By having a REPs accredited qualification it gives confidence and clarification to fitness employers of the standard of their employees and quality of service provided.

ALL Origym Centre of Excellence's gym instructing and personal training qualifications are REPs recognised.

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## W H O   A R E   A C T I V E   I Q ?

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**Active** IQ are the largest governing body operating within the Active Leisure sector. All their qualifications are affiliated with Skills Active, QCA accredited and are recognised worldwide.

Active IQs qualifications are developed by industry experts to enable defined career pathways through pioneering learning resources. All Active IQ's qualifications meet the standards of the industry and fitness professionals alike.

Origym Centre of Excellence is an approved Active IQ test centre and ALL our gym instructing and personal training qualifications are via Active IQ

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## W H O   A R E   S K I L L S   A C T I V E ?

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**Skills** Active are a skills council for Active Leisure, learning and well-being. They operate within many sectors, including the fitness industry to regulate and verify training. Skills Active helps to maintain high standards of delivery and training to meet the requirements of employers.

Origym Centre of Excellence has ALL our gym instructing and personal training qualifications regulated by Skills Active.





# F A Q ' S

## HOW IS THE LEARNING MATERIAL DISTRIBUTED?

Regardless if you are on a E-learning course or personal tutored course you will be issued with both e-learning, ebooks and paperback copy material in a ring binder, which is posted out to you within 5 workign days of your enrolment. E-learning and Ebooks will be distributed immediately after the enrolment form is returned so you can start learning straight away. If you elect to go for a full time course all the learning resources will e waiting for you there on first day.

## WHERE DO I SUBMIT MY WORK?

**Fast Track** - All assessments will be conducted on site at the full time venue and your designated tutor will collect all paper work from you and post it on your behalf

**E-Learning & Personal Tutored** - All theory examinations are conducted in person at one of our National Assessment Centres. Exam papers will be collected and posted to our head office for marking. Thei learner achievement portfolio (case study) needs to be posted to our head office via recordable delivery after you have completed your practical assessment. If you have a disability or learning requirements that may affect this process please make contact with our customer support team, who will gladly aid you.

## WHEN WILL I GET MY RESULTS?

**Results** for multiple choice theory papers are issued within 5 working days of arrival at head office. Practical results will be given on the day of assessment in the form of a pass or refer. Leaner achievement portfolios take up to 14 working days for marking.

## WHEN WILL I GET MY CERTIFICATE?

**As** soon as all modules for each respected level have been cleared by Origym, internal certification will be immediately administered. External certification from the governing body can take up to one month depending if your work is sampled for quality assurances purposes.

## CAN I GO STRAIGHT ONTO LEVEL 3 PERSONAL TRAINING?

**Students** must complete a level 2 Gym Instructing qualification prior to going onto a level 3 Personal Training qualification. The qualifications link and it is a mandatory requirement of the governing body.

If students have a level 2 gym Instructing qualification already, they may go straight onto a level 3 Personal Training qualification depending on when the qualification was gained and the accreditation of that qualification. You will be asked to provide a copy of that qualification upon enrolment with a copy of the course transcript for evaluating. If you are in any doubt please contact our customer support team - [enrol@origym.co.uk](mailto:enrol@origym.co.uk)

## DO I NEED ANY PRIOR QUALIFICATION TO BECOME A PERSONAL TRAINER?

**There** are no prerequisites required to become a personal trainer. All aspects of training are covered within our modules irrespective of previous experience or academic background. You must be 16 or over to apply.

## HOW MUCH WILL I GET PAID AS A PERSONAL TRAINER?

**There** are many avenues upon completion that you may take as a personal trainer, whether its freelancing, working for a large health chain or starting your own business. With so many potential routes that your career might take, the earning limit is wide, however the national average wage for a personal trainer is 26K per year according to 2015 statistics. For futher information on this, see our blog posts on our website.

## HOW DO I ENROL ONTO A COURSE?

**Enrolment** is very simple! Once you have identified the course package for you, make contact with our enrolment department ([enrol@origym.co.uk](mailto:enrol@origym.co.uk) / 01704870439) and we will do all the administrative work for you! Deposit payment can be made over the phone via Worldpay or via bank transfer if you prefer. Once deposit payment has cleared you will be asked to complete an enrolment form. As soon as this is returned with a copy of identification at your convenience you can start learning the same day and start building towards your dream career.





F E A T U R E D S U C C E S S S T O R I E S

I A N S C A R O T T

**Just** prior to me undertaking a personal trainer course I thought you only live once and left my job to pursue my dream as professional triathlete. I enquired in a few places but everyone I spoke to at Origym just seemed really nice, offered some advice and seemed interested in me and what I was doing with my triathlon aspirations. I quickly enrolled and have not looked back since, got great help and support even if it is at 9pm at night which is fantastic as that is when I normally study. Since completing Origym have continued to support me and are now one of my official sponsors and I try and do my part by recommending them to others, but in truth I would have regardless of the sponsorship anyway, just really nice people.

T R A C Y K I S S

**I'm** a huge fitness fan and lead a very healthy and active vegan lifestyle. I first started working out after the birth of my daughter eight years ago as I desperately wanted to shift my baby weight and regain my pre-pregnancy body. I found daily exercise not only helped me to lose fat but also improved my energy, strength and stamina and had such a positive effect on my attitude as well which is why I want to use it to help others. Seeing as my son is due to start school soon I thought I'd take my love for fitness to the next level and train with Origym to become a personal trainer so that I can work around the children and make a positive, motivational difference to my life and others around me. home studying is ideal for me because it can fit into my existing lifestyle rather than me throwing my schedule onto its head.

As simple as it sounds I started by googling 'personal training courses' and Origym was on the first page of results which gave me faith in its credibility and status as a professional body. I then took a look around their website to see their standard of service, read customer testimonials and check out their blog which is pretty impressive

I've since gone on to review health and fitness products from brands across the world covering everything from nutrition to clothing, equipment and venues and am frequently asked by my readers if I can give them help and advice to achieve their fitness goals too.

M A R K H U G H E S

**As** a keen triathlon competitor and climber I wanted to do a personal training course to supplement my training. As the Director of my own education based company, I know what good service and value for money looks like. The guys at Origym are really personable which makes a massive difference to the overall experience and the resources are really cool. I had Roger as my personal tutor as I wanted to still have the full experience and support to keep me on track and not get too distracted by my extensive work commitments. He was really knowledgeable, helpful and a good guy in general.

Mark Hughes - Managing Director / Sports Enthusiast  
[www.tutora.co.uk](http://www.tutora.co.uk)

M I T C H E L L T U R N E R

**I** started hitting the gym regularly for a few years and everyone kept asking me for advice. and saying I should take it up for a living and since I was not particularly fond of what I was doing already. I looked at a few providers before concluding Origym was the company for me, mainly due to the fact they seemed to care more and didn't try and hard sell me like some of the others did and since I worked in a sales based role, I appreciated that. The overall service was great and I got everything exactly when they said I would, I have subsequently sent a few friends over who have also finished their qualifications with them.



W E L O O K F O R W A R D  T O S P E A K I N G S O O N .

**O R I G Y M**  
LUKE HUGHES & STEPH ROBERTS